

# BRAZILIAN BUTT LIFT

## Post-Surgical Guide



### INJECTION SITE

- Some bruising and swelling is normal.
- Only mild discomfort should be expected.
- Wear a compression garment for the first 2 weeks after surgery.

### HARVEST SITE

- Moderate bruising and swelling is normal.
- Moderate discomfort is normal and may last 1-2 weeks.

### EMERGENCIES

\*\* After hours, call Medlink Paging Service at (512) 323-5465

- Any signs of infection, call Doctor IMMEDIATELY
  - Temperature greater than 101.00 degrees
  - Significant swelling
  - Tender, red, swollen, warm areas, pus, yellow or green drainage
  - Swollen/painful or darkened/blackened skin
- ABSOLUTELY NO ICE or HEATING pads to incisions

### SHOWER

- Shower daily with mild soap like Dove.
- Use a very soft washcloth, do not rub the area, pat area dry.

### ACTIVITY

- Activity for the first 4 weeks after surgery:
  - Relax, rest, light activity within the home only for first 2 weeks.
  - Take a walk within the home twice a day to decrease swelling and the chances of blood clot.
  - Do not sit or sleep on your buttocks for 3 weeks; sleep on your sides or stomach. One of the most important things after a Brazilian butt lift is the survival of the grafted fat. Pressure on the buttocks can kill or shift the transplanted fat.
  - No squatting or stretching for 3 weeks. Activities can cause pressure in the buttocks and can destroy transplanted fat.
  - Do not engage in sexual intercourse for 2 weeks.
  - May drive after 3 weeks if off all prescription pain medication.
  - No swimming or hot tub use for 4 weeks.
  - Absolutely no smoking. Smoking causes vasoconstriction and decreases oxygen delivery to newly transplanted fat.

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- Do wear your compression garment. The compression garment minimizes swelling. Swelling can cause pressure, which can kill the transplanted fat. The compression garment also keeps the transplanted fat in the correct position.

### MEDICATIONS

- Take two Aleve in the morning and two in the evening
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
  - Prevent constipation by taking one dose of Miralax daily